

# Make Every Bite Count with Barley

**WHY BARLEY?** The U.S. Food and Drug Administration has determined that soluble fiber from barley, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. The nutrition facts on barley are clear:

- ♥ Barley contains key components like soluble beta-glucan fiber, antioxidants, phytochemicals, protein, vitamins and minerals that provide specific nutritional benefits for human health.
- ♥ Like other whole grains, barley is an important source of complex carbohydrates that helps fuel your body and barley is free of saturated fat, cholesterol and sodium.
- ♥ Barley's unique soluble fiber helps maintain blood sugar levels which may be beneficial in preventing or managing type 2 diabetes.
- ♥ Eating fiber-rich foods helps increase satiety or feeling of fullness which is important in maintaining a healthy weight and protecting against obesity.

**PURCHASING BARLEY** – Consumers may purchase barley in several forms. Pearl barley is sold in most supermarkets. Barley flour, flakes and grits may be found in health food and specialty stores. Barley also is used as a commercial food ingredient in breakfast cereals, soups, pilaf mixes, cookies, crackers and snack bars.

**COOKING PEARL BARLEY** – Like other grains, pearl barley requires cooking time for water absorption. Regular pearl barley should be cooked for about 40 to 45 minutes. “Quick” cooking barley has been rolled and steamed and requires only about 12 minutes cooking time.

**TIME SAVING SUGGESTION** – To save time on busy cooking days, prepare barley in advance and freeze for later use. Use your microwave for quick defrosting (cook on HIGH for 2 to 2½ minutes for 1 cup frozen cooked barley).

## IDAHO BARLEY FACTS

Idaho is the second largest barley producing state in the country, producing more than 50 million bushels in 2009, or 25 percent of the U.S. crop. Farm-gate value is estimated at more than \$200 million. About three-quarters of the crop are used to produce malt for beer manufacturing, with the remainder used as livestock feed and human food ingredient. The biggest producing counties in Idaho in 2008 were Bonneville (Idaho Falls), Jefferson (Rigby), Minidoka (Rupert) and Madison (Rexburg).

## ORANGE BARLEY PILAF

2 Tbsp. olive oil, divided  
1 clove garlic, finely chopped  
1 cup pearl barley  
2½ cups water  
Salt  
1 tsp. grated orange peel  
3 Tbsp. orange juice  
1 orange, peeled, segmented and cut into pieces  
½ cup golden raisins  
2 green onions, sliced  
¼ tsp. ground black pepper

In medium saucepan with lid heat 1 Tbsp. olive oil. Add garlic and barley; sauté 2 to 3 minutes. Add water and ½ tsp. salt. Bring to boil. Reduce heat to low, cover and cook 45 minutes or until barley is tender and liquid is absorbed. In the meantime, combine remaining 1 Tbsp. olive oil, ¼ tsp. salt, grated orange peel, orange juice, orange pieces, raisins, green onion and black pepper; stir to blend. Toss with cooked barley and keep warm until ready to serve.



## BAVARIAN BARLEY STEW

½ pound medium or spicy bulk pork sausage  
¾ cup pearl barley  
2 cups coarsely shredded cabbage  
1 cup sliced carrot  
1 cup sliced celery  
½ cup chopped onion  
1 clove garlic, chopped  
1 bay leaf  
4 cups chicken broth  
1 cup water  
2 cans (14½ ounces each) stewed or diced tomatoes  
2 Tbsp. prepared mustard, optional  
Toasted croutons, for garnish

Brown sausage in Dutch oven or large, heavy saucepan. Drain any excess fat from sausage. Add remaining ingredients, except mustard and croutons. Cover and simmer 1 hour or until barley and vegetables are tender. Stir in mustard, if desired. Remove bay leaf before serving. Pass around croutons for garnish. Makes 6 servings.

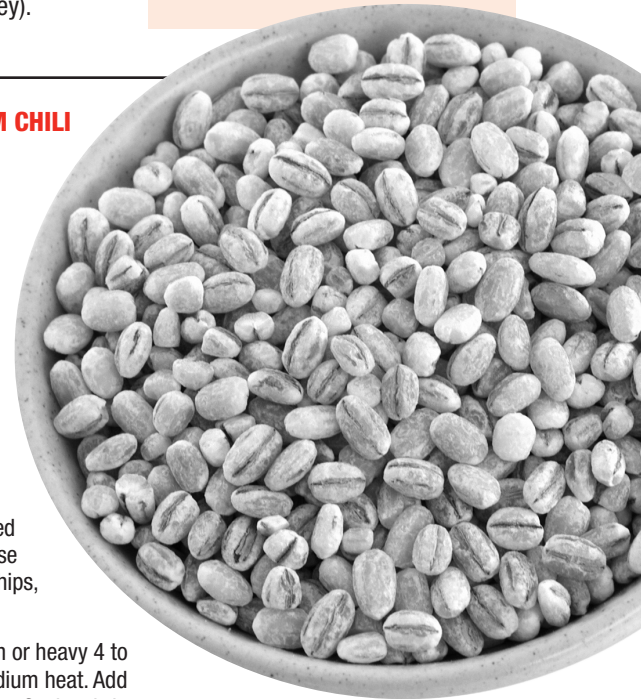
*Per serving: 303 calories, 14g protein, 13g fat, 36g carbohydrate, 27mg cholesterol, 8g fiber, 1295mg sodium.*

## ROCK 'M SOCK 'M CHILI

2 tsp. vegetable oil  
1 pound lean ground beef, turkey or chicken  
1 cup chopped onion  
½ cup pearl barley  
1 can (28 ounces) cut tomatoes  
1 cup water  
1 to 2 Tbsp. chili powder  
½ tsp. salt  
2 cans (15 ounces each) pinto or red beans, undrained  
Grated cheddar cheese or crumbled tortilla chips, for garnish

Heat oil in Dutch oven or heavy 4 to 5-quart pan over medium heat. Add ground beef and onion. Cook, stirring frequently, until beef is no longer pink. Add barley, tomatoes, water, chili powder and salt. Cover and cook 30 minutes over medium-low heat. Add undrained beans and continue to cook 15 to 20 minutes to blend flavors and finish cooking barley. Serve in bowls topped with grated cheese or crumbled tortilla chips, if desired. Makes 8 servings.

*Per serving: calories 347, protein 21g, fat 10g, carbohydrates 44g, fiber 16g, cholesterol 37mg, sodium 343mg.*



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MORE RECIPES ON BACK



### MEXICALI BARLEY SALAD

- 1 cup pearl barley (if using whole grain barley, see directions below)
- 3 cups water
- 1 can (15 oz.) kidney beans, rinsed and drained
- 1 can (15oz.) black beans, rinsed and drained
- 1 can (11 oz.) Mexicorn or regular canned corn, drained
- 3/4 cup chopped red onion
- 1/4 to 1/2 cup sliced jalapeño peppers
- 2/3 cup prepared barbecue sauce
- 3 Tbsp. prepared Italian salad dressing
- Green cabbage leaves, optional
- 2 cups (8 ounces) shredded cheddar cheese
- 1 cup crumbled tortilla chips

Combine barley and water in medium saucepan. Bring to a boil. Reduce heat to low, cover and cook 45 minutes or until barley is tender and liquid is absorbed\*. Cool. In large bowl, combine cooled barley, beans, corn, red onion and jalapeño peppers. In small bowl, combine barbecue sauce and salad dressing. Pour dressing over barley-bean mixture and toss to coat. Line a serving bowl with cabbage leaves, if desired. Spoon barley salad into bowl and top with shredded cheese and crumbled tortilla chips. Makes 8 servings.

*Per serving: calories 387, protein 17g, carbohydrates 54g, fiber 13g, fat 14g, cholesterol 30mg, sodium 924mg.*

### ALL SEASON BARLEY SALAD

- 1 cup pearl barley
- 3 cups water
- 1 tsp. salt
- 1/4 cup bottled Italian dressing
- 1 1/2 cups frozen green peas, thawed
- 1 cup thinly sliced celery
- 1/2 cup thinly sliced onion or 1/4 cup chopped green onion
- 1/3 cup sliced water chestnuts
- 1 jar (2 oz.) sliced pimentos, drained
- 1/4 cup each mayonnaise and sour cream
- 1/4 lb. cooked and diced bacon (optional – see possible variations below)

Place barley, water and salt in large saucepan. Bring to boil. Cover and cook on low heat for 1 hour or until tender. Drain well. Pour Italian dressing over warm barley and toss to coat lightly. Cover and chill. Add remaining ingredients, except garnish.

For chilled salad: Spoon barley mixture into serving bowl; chill 2 to 3 hours. For a hot salad: Spoon mixture into a baking dish or individual ramekins. Bake at 350°F 15 to 20 minutes or until heated through. Or heat in microwave over on high 2 to 3 minutes. Garnish salad with tomato slices or wedges and lettuce leaves, if desired. Makes 6 servings.

Variations: In place of bacon, substitute one or a combination of the following: 1 cup cooked shrimp; 1 can (6 1/2 oz.) tuna drained; 2 to 3 diced hard boiled eggs; 1 cup diced cheese or ham; 1 cup cooked and cubed chicken or turkey.

### Barley on Your Holiday Menu:

#### TURKEY CONFETTI BARLEY SALAD

- 1 cup pearl or whole grain barley
- 3 cups water
- 1 can (15 1/4 oz.) kidney beans, drained
- 1 can (15 oz.) mandarin oranges, drained
- 2/3 cup finely chopped red onion
- 1/2 cup chopped red bell pepper
- 1/2 cup chopped green bell pepper
- 3 Tbsp. chopped fresh cilantro leaves
- 2/3 cup white wine vinegar
- 1/3 cup olive oil
- 2 Tbsp. granulated sugar
- 1 tsp. salt
- 1 tsp. ground black pepper
- 1 tsp. chili powder
- 1 tsp. dry mustard
- 10 drops red pepper sauce
- 1 1/2 cups cubed cooked turkey or chicken

In medium saucepan with lid, bring water to a boil. Add barley and return to boil. Reduce heat to low, cover and cook 45 minutes or until barley is tender and liquid is absorbed. (If using whole grain barley, it may be necessary to increase cooking time to 50-55 minutes. It may also be necessary to drain off any unabsorbed liquid after cooking.) In large bowl combine cooked barley, beans, oranges, onion, bell pepper and cilantro. Set aside. In a small saucepan mix together vinegar, olive oil, sugar, salt, pepper, chili powder, dry mustard and pepper sauce. Heat and stir until mixture bubbles. Pour hot dressing over barley-vegetable mixture. Add cooked and cubed turkey or chicken. Cover and refrigerate at least 4 hours or overnight to allow salad to chill and flavors to blend. Makes 8 servings.

*Per serving: calories 285, protein 7g, carbohydrates 44g, fiber 8g, fat 10g, cholesterol 0, sodium 449mg.*



#### STUFFED CHICKEN BREASTS WITH SPICED CRANBERRIES AND BARLEY

##### BARLEY FILLING:

- 1 cup pearl barley, uncooked
- 1/2 cup sliced fresh mushrooms
- 1/4 cup diced onion
- 1/2 diced celery
- 3/4 cup chopped dried cranberries
- 1 tsp. grated orange peel
- 1 Tbsp. minced garlic
- 1/2 tsp. salt
- 1/8 tsp. cinnamon
- 2 1/2 cups low-sodium chicken broth
- 1/4 cup toasted almonds
- 6 boneless chicken breasts, 4 to 5 oz.

##### BREADING MIXTURE:

- 2 cups bread crumbs
- 1/2 cup parmesan cheese, grated
- Parsley and garlic to taste
- 1/4 cup olive oil

In sauce pan, combine all filling ingredients from barley to cinnamon. Add chicken broth, bring to boil, then simmer until barley is tender and all liquid is absorbed (cooking time will vary from 20 to 40 minutes depending on whether regular pearl or quick cooking barley is used). Stir in almonds when cooled. With knife, split chicken breast and coat with breading mixture. Stuff each breast with 1/4 cup barley mixture. Bake at 300°F oven for 25 to 30 minutes. Makes 6 servings.

#### CARROT SPICE CAKE

- 2 cups barley flour
- 1 1/3 cup sugar
- 2 tsp. baking soda
- 1 tsp. salt
- 1 1/2 tsp. cinnamon
- 1 tsp. cloves
- 1 tsp. nutmeg
- 1 3/4 tsp. vanilla
- 3 eggs (or 5 egg whites)
- 1/4 cup oil
- 1/2 cup water, boiling
- 1 cup walnuts, chopped
- 2 cups carrots, shredded

Preheat oven to 350°F. In a mixing bowl, combine barley flour, sugar, baking soda, salt, cinnamon, cloves and nutmeg. Mix. In a separate bowl, combine eggs and oil. Mix well. Pour boiling water over shredded carrots and add to liquid ingredients. Beat with electric mixer on medium speed for 1 minute. Add dry ingredients to the carrot mixture and stir until thoroughly mixed. Add walnuts and evenly mix. Bake in a greased and floured 9"x13" pan for 35 minutes. Allow cake to cool before cutting or removing from pan. Makes 18 servings (3"x2" bar).

*Per serving: calories 194, calories from fat 78, total carbohydrates 27g, dietary fiber 2g, soluble fiber 0.8g, sugars 15g, protein 4g, total fat 9g, saturated fat 1g, cholesterol 35mg, sodium 292mg.*